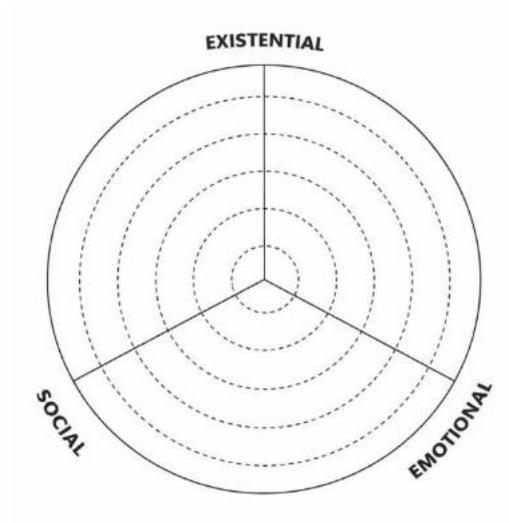


## Understanding Loneliness - Handout

**Wheel of Loneliness** - Each section of the wheel contains five statements. For every statement you can confidently answer “yes” to, shade in one segment of that section of the wheel. If you’re unsure or answer “no,” leave it blank. Blank spaces are not failures; they simply highlight areas that may need more attention or support.



### Existential Loneliness

- I can describe what gives my life meaning right now.
- I feel understood in who I am at my core (values, beliefs, identity).
- I feel connected to something bigger than myself (community, purpose, social cause, etc.).
- I can sit with myself without feeling overwhelming emptiness.
- When I think about my future, I feel a sense of direction (even if it's unclear).

### Social Loneliness

- I have at least one group (friends, club, class, team, community) where I feel I belong.
- I regularly engage in social activities that feel meaningful (not scrolling or proximity).
- I feel included rather than on the outside in most group settings.
- I have people I can casually reach out to without overthinking it.
- I feel seen in the spaces I spend time in (school, work, home).

### Emotional Loneliness

- I have at least one person I can talk to about things that matter to me.
- I feel safe being vulnerable with someone.
- I feel emotionally supported when I'm struggling.
- I feel known (not just liked) by someone in my life.
- When I'm upset, I don't feel like I must handle it alone.